

Hearts Apart is a Family Support Center program that focuses on the well-being of family members left behind because of deployments or peacetime temporary duty assignments. Page 2.

First Look

Easter egg hunt

Easter egg hunts are March 26 for base children. For kids up to 4 years old, 1 p.m. on the Subway lawn; 5-7 years old, 1:15 p.m. on the community activity center lawn; 8-9 years old, 1:30 p.m. in the Oceanview playground; 10-12 years old, 1:45 p.m. in the Oceanview ballpark. Volunteers are needed to show up at the CAC at 12:30 p.m. For more information, call Marco Rocha at 2-4135.

Passport fee

A \$12 surcharge will be added to the existing cost of all U.S. passports effective Tuesday. The charges are now \$82 for renewals and first time applicants under the age of 16, \$97 for first time applicants over the age of 16, and \$67 for all renewals for anyone over the age of 16.

The surcharge is being applied worldwide and will be used to support the issuance of a newly redesigned passport containing new security features.

There is no change for command sponsored no-fee passports.

Photo exhibit

A photo exhibit by João Monjardino titled "Island Jam" will be displayed in Angra's Congress and Cultural Center's main hall, March 18-26 between 9 a.m. and midnight. Admittance is free.

Thrift store sale

The Thrift store is having a bag sale 10 a.m.-2 p.m. Saturday. Thrift store product items are half off or \$4 per bag. For more information, call 2-6371.

Preflight

■ *Days since last DUI...* 58
 ■ *DUIs since Jan. 1* 1
 ■ *Current AEF* 3 & 4
 ■ *Current FPCON* Alpha
 ■ *Combat Nighthawk:*
Capt. Adam Huhn, 65th Medical Operations Squadron; Master Sgt. Pamela Jacobs, 65th Communications Squadron



Youth clean-up

Chapel youth A.J. Gontarek, son of Susan and Kevin Gontarek, and Luke Silver, son of Karen and Col. Michael Silver, clean up at an Angra orphanage during the base chapel's 24-hour famine March 11. The famine raised about \$3,600 through pledges and donations from the community for World Vision, a faith-based humanitarian relief organization. The chapel youth went without food from 7 p.m. Friday to 7 p.m. Saturday and visited and helped clean up a couple of the orphanages in Angra. (Photos by James O'Rear)

AFAF helping AF family

By 1st Lt Aaron Wiley
 65th Air Base Wing Public Affairs

"If there's going to be any change for the better in this world you have to provide it by doing something," retired Gen. Curtis E. LeMay, an icon in American military history, once said.

So he did. He established a foundation to care for spouses of retired Air Force personnel of all ranks, left to survive with little or no financial resources.

The General and Mrs. Curtis E. LeMay Foundation is one of four charitable organizations that receive contributions from the Air Force Assistance Fund, an annual effort to raise money for needy Air Force families that starts Monday and continues until May 2 at Lajes.

"Our focus is to let people know about the four charities so they understand where their money is going and exactly who it will help," she said. "Although many of us only see the help provided by Air Force Aid Society, the other charities support the entire Air Force family."

The AFAF mission to assist Airmen and their families is carried out by the fund's four affiliates: the Air Force Aid Society, the Air Force Enlisted Village, the Air Force Village Indigent Widows' Fund and The General and Mrs. Curtis E. LeMay Foundation.

Each organization has a slightly different mission, and the Air Force Assistance Fund allows those who give to choose which organizations benefit from their donations.

According to the fund's administrators, because Air Force people are helping Air Force people directly, the charity's administrative and fund-raising costs are among the lowest in the nation, meaning 95 cents or more of every dollar contributed will be translated into tangible assistance.

"We want to ensure we have the funds available to meet the needs of our fellow Airmen in their time of need," said Master Sgt. James Keiler, AFAF IPO.

"Last year, Lajes used \$67,206 in assistance from the Air Force Aid Society," said Capt. Yvonne Levardi, AFAF installation project officer. "Most people don't realize all of the programs Air Force Aid supports."

Some of those programs are "Bundles for Babies," "Car Care Because We Care," "Give Parents a Break," Spousal Tuition Assistance Program, education grants and interest-free loans to Airmen in need.

Sergeant Keiler said in addition to unit fundraising, the AFAF committee would be looking for base organizations to sponsor additional fundraisers.

"When my pastor used to see people going through difficult times he would always say, 'It's their time today, it may be yours tomorrow,'" Sergeant Keiler said. "By giving to one of the four outstanding organizations that comprise the Air Force Assistance Fund we ensure that funds are there for each of us tomorrow."

See AFAF, Page 3

Hearts Apart provides comfort

By Staff Sgt. Olenda Kleffner
Crossroads editor

Hearts Apart is a Family Support Center program that focuses on the well-being of family members left behind because of deployments or peacetime temporary duty assignments.

"This is a way for Team Lajes to pull together and take care of spouses of members deployed or TDY for 30 or more days," Master Sgt. Margaret Jett, Family Support Center readiness NCO said. "It is to keep them well informed about unit and community happenings, and keep them and their family members active and involved in our community. We don't want stay-at-home spouses to pick-up and leave the island for the duration of deployments. We want them to be an active part of our community.

Sergeant Jett said Hearts Apart is important because it's the focal point in Team Lajes' effort to make the separation less stressful by providing opportunities for families to get involved in fellowship activities with other families in the same situation.

It provides a link between families and base agencies, she said, and this is a way to find out what is important to the family members and how to make the separation easier.

"Family input is important. It helps us plan activities and tailor our services," Sergeant Jett said. "We want to make the separation a little smoother"

Hearts Apart is not only for families new to

the military, it's just as important for families who have been part of the military for a long time and have gone through similar situations before.

"Families new to the Air Force family greatly benefit from the wisdom, strength, experience and kindness of experienced folks," she said. "There is always change during family separation."

Besides the camaraderie of being able to talk to other families going through the same thing, Hearts Apart also provide family outings, monthly socials, calling cards, morale calls, free classes at the family Support Center, volunteer opportunities, promotes self-sustainment/independency, newsletters, unit key spouse contacts.

"The spouses that have volunteered here at the FSC have the opportunity to learn about other organizations and make new friends," Sergeant Jett said. "They also get valuable information about everything from family separation an relationship building to finances, home buying and resume writing.

"I recently had a volunteer who started volunteering to keep herself busy. She worked with me in family readiness along with another volunteer," Sergeant Jett said. "She learned so much about computers, graphics, spreadsheets and more. She took full advantage of our free computer classes and really helped me tremendously by designing our new 'HA' newsletter that goes to all of the deployed/TDY spouses monthly. With her volunteer experience, she could very possibly get a better job when she returns to

The 65th Air Base Wing Key Spouses is hosting the monthly "Hearts Apart" get together at the Bowling Alley 6-8 p.m. Wednesday. Free bowling for spouses and children of deployed military - free food.

the states. "

The FSC has also made improvements from learning about problems through the Hearts Apart program.

"Through our contacts and activities we learn of common problems that we can help resolve," she said. "We've just recently started a deployed spouse's child care program at the CDC. We had a common complaint about lack of child care for babies and toddlers that prevented some spouses from getting out. Our Combat Care officer along with the CDC director and our family readiness staff met several times to come up with a solution. It resulted in the Col. Michael Silver, 65th Mission Support Group commander, agreeing to fund two more child care providers and pay for the child care for qualifying families every Tuesday and Thursday from 2-5 p.m."

To become part of the Hearts Apart program, dependants can attend the pre-deployment/TDY briefing at the FSC with the military member; call the unit's first sergeant or Key Spouse; visit the FSC 8 a.m.-5 p.m., Monday-Friday; or call the FSC Readiness NCO at 2-4138.

Focus notes

Bookmark contest

Artists ages 5-18 are asked to compete in the 2005 Bookmark Design Contest sponsored by USAFE Libraries. Doodle this and draw that around this year's National Library Week theme "Something for Everyone @ Your Library."

Designs must be black, white or grayscale.

The Lajes Base Library will select winners in four age categories: K-3, 4-6, 7-9 and 10-12 grades, and those winners will be sent on to the final USAFE wide competition.

Guidelines and entry forms are available at the base library or at www.usafelibraries.org/5-6.php. Contest begins April 1.

Story hour

Moms, dads and kids up to age 10

are invited to a sleepy-time story hour from 7-8 p.m. tonight. Wear PJs, bring a teddy bear and listen to bedtime stories and have a snack of milk and cookies. Call 2-3688 to make reservations.

Expanded hours

The Sun and Sand Hut has expanded its hours to noon-5 p.m. Sun.; 6-10 p.m. Mon.; 10 a.m.-10 p.m. Tue.-Sat.

Free meal

A single and unaccompanied members dinner is at 5:30 p.m. March 24 at the chapel.

Island tour

A SUM island tour is March 25. Meet at the family support center at 9:30 a.m. Sign up by calling 2-4138.

Basketball

The Top of the Rock vs. Bottom of the Rock tournament is at 7 p.m. Saturday in the high school gym.

Spring BBQ

Join the Company Grade Officer Council at 5:30 p.m. March 31 at the Top of the Rock Club for the "End of CHEER BBQ." There will be food, games and music.

Combat Touch

All events are at the base chapel unless otherwise noted.

AWANA T&T is at 10 a.m. Saturday.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. March 19. For more information, call Chaplain (Capt.) David Knight at 2-4211.

Catholic Lent Penance service is at 7 p.m. Monday.

Single and unaccompanied members' dinner is at 5:30 p.m. Thursday.

Holy Thursday mass and adoration is at 7 p.m. Thursday.

Good Friday/Passion & Veneration of the cross is at 3 p.m. March 25.

Easter vigil mass is at 8:30 p.m. March 26. For more information about these events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

Survey evaluates MDG

Courtesy of the 65th Medical Group

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of the 65th Medical Group April 4-7.

The purpose of the survey is to evaluate the organization's compliance with nationally established Joint Commission standards, said Michael Coston, 65th Medical Support Squadron Health System Specialist.

The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization, he said.

Joint Commission standards deal with organization quality, safety-of-care issues, and the safety of the environment in which care is provided.

Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the joint commission's field representa-

tives at the time of the survey.

He said information presented at the interview will be carefully evaluated for relevance to the accreditation process.

Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than March 28.

The request must also indicate the nature of the information to be provided at the interview. Such requests should be faxed to (630) 792-5636 or e-mailed to complaint@jcaho.org.

The Joint Commission's Office of Quality Monitoring will acknowledge in writing, or by telephone, requests received 10 days before the survey begins.

An account representative will contact the individual requesting the public information interview prior to the survey, indicating the location, date and time of the interview and the name of the surveyor who will conduct the interview.

AFAF, Page 1

AFAF charities:

According to the AFAF brochure, "the Air Force Aid Society is the official charity of the Air Force chartered to assist in relieving financial emergencies faced by active duty members and their families. It also assists Air Force Guard and Reserve personnel who are on extended active duty or face unique emergency situations. ... Air Force retirees and widows are also considered for assistance."

Qualifying members can receive interest-free loans or grants during personal and family emergencies and aid for food, rent, utilities, etc. Grants to help with funeral costs for dependent children and spouses and respite care are also provided. Most bases offer this assistance at Air Force Aid Society sections at the base family support center.

The society also runs an educational grant program for spouses and children, and supports community initiatives like Child Care for Volunteers, Bundles for Babies, Car Care Because We Care, Youth Employment Skills, Child Care for

PCS, Give Parents a Break and phone cards for deployed members. More information on the AFAS is at www.afas.org.

The three remaining organizations focus mainly on widows and widowers that served in the Air Force as the military member or the spouse; however, active duty members benefit from their services too.

For example, the Air Force Enlisted Village provides temporary housing and services-up to 12 months-to spouses of enlisted members who are killed or who die on active duty, and adult dependents (ex. parents) are eligible for permanent housing on a space-available basis. For more on the AFEV visit www.afenlistedwidows.org.

The Air Force Village Indigent Widows' Fund offers a similar 12 month benefit to spouses of officers killed on active duty and their adult dependents, and help active duty members facing long-term rehabilitation in the Air Force Village Health Care Center, which is available to military members of all ranks and their dependents. Their website is www.airforcevillages.com.

At Their Best

The 2004 USAFE Annual Awards recognized six members and three organizations of Team Lajes as the MAJCOM's best:

Team Lajes Members

Company Grade Physical Therapist of the year: **Capt. David L. Brazeau**, 65th Medical Operations Squadron
Outstanding Laboratory Senior NCO of the year: **Master Sgt. Robin Brooks**, 65th Medical Support Squadron
Supply Civilian Supervisor/Leader of the Year: **Frank Homem**, 65th Logistics Readiness Squadron
Airfield Management Civilian Supervisor of the year: **Jose Soares**, 65th Operation Support Squadron
Outstanding Facility Manager of the year: **Francisco Toste**, 65th MDSS
Outstanding Laboratory Scientist of the year: **Capt. Carol West**, 65th MDSS

Team Lajes Organizations

Outstanding Small Chapel Organization Award: **Chapel**, 65th Air Base Wing
Outstanding Laboratory Team (Category II) of the year: **Laboratory**, 65th MDSS
Schubert Award for Outstanding Legal Achievements in Host Nation U.S. Relations: **Legal Office**, 65th ABW

Hungry

Leslie Gann, daughter of Lisa and 2nd Lt. Terry Gann, works her way through the last hour of the famine in an interesting way during the base chapel's 24-hour famine March 11. (Photo by James O'Rear)



Veterinary Options at Lajes

By 1st Lt. Aaron Wiley
Deputy Chief, public
affairs

Although the Lajes Veterinary Clinic is open daily, it is not an emergency clinic for privately owned animals because there is no veterinarian permanently assigned to Lajes.

Army Capt. Laura Landman, veterinarian at the Veterinary Branch at Fort Dix, N.J., is the military veterinarian who serves Lajes as part of an arrangement with the Army's Northeast District Veterinary Command.

"She comes about once every other month for a week at a time, or as her mission dictates," said Army Staff Sgt. Troy Livingston, NCOIC of the Lajes Veterinary Clinic. "But the Lajes Veterinary Clinic is not an emergency clinic ... the military veterinary mission for Lajes is food inspection, military working dogs and mascots."

Staff Sgt. Livingston, who works with the 65th Medical Operations Squadron as part of the Army Northeast DVC's agreement with the 65th Air Base Wing, is the only Army active duty member permanently stationed at Lajes and is assigned here for the sole purpose of tending to the military working dogs.

However, the clinic is open daily, and as a benefit for Lajes pet owners who would otherwise need to use the local national veterinarians for their routine needs, privately owned animals are seen on a space-available basis: a privilege the clinic extends whenever possible.

"The clinic is usually able to accommodate most of its customers," Nichole Cowell, veterinary clinic secretary said. "But when the vet is not on the island the services are limited."

For veterinary consultations and surgeries such as neutering or spaying and lump removal, pet owners can call the Lajes Veterinary Clinic to be put on the space-a waiting list. When the vet visits the island, pet owners will be called in accordance with their spot on the list to schedule an appointment.

On consultations, once the veterinarian sees the animal, the clinic will schedule an appointment for the appropriate procedure based on the seriousness of the problem.

"(For pet owners) it may seem like it's taking forever for the clinic to see their pet," Mrs. Cowell said, "but we work hard to schedule as many appointments as possible while the vet is here."

Owners must pay the Lajes Veterinary Clinic for services rendered and always have the option to use the local national veterinary clinics if the Lajes Veterinary Clinic is unable to see their pet as soon as they would like, she said.

Routine care is available in the vet's absence during the clinic's normal business hours of 9 a.m.-3 p.m. Mon.-Fri., except for the first and third Wednesdays of each month when the clinic holds night clinics from 1 p.m.-7 p.m.

"As a tech I can only perform certain procedures such as minor sick calls, vaccinations, heartworm tests and blood draw for travel," Staff Sgt. Livingston said. "I can only dispense medication as directed from my command and all other procedures or medications

require a 48 hour authorization."

This means that privately owned animal emergencies must be handled by a local national veterinarian, many of whom speak English, he said.

"It's good to establish a relationship now with a civilian veterinarian just in case an emergency should happen to your pet," said Staff Sgt. Livingston.

While the Lajes Veterinary Clinic does not endorse any of the local national veterinarians, they do provide maps and phone numbers to the local vets outside the clinic's rear door entrance, or customers can pick up a flyer during the clinic's business hours.

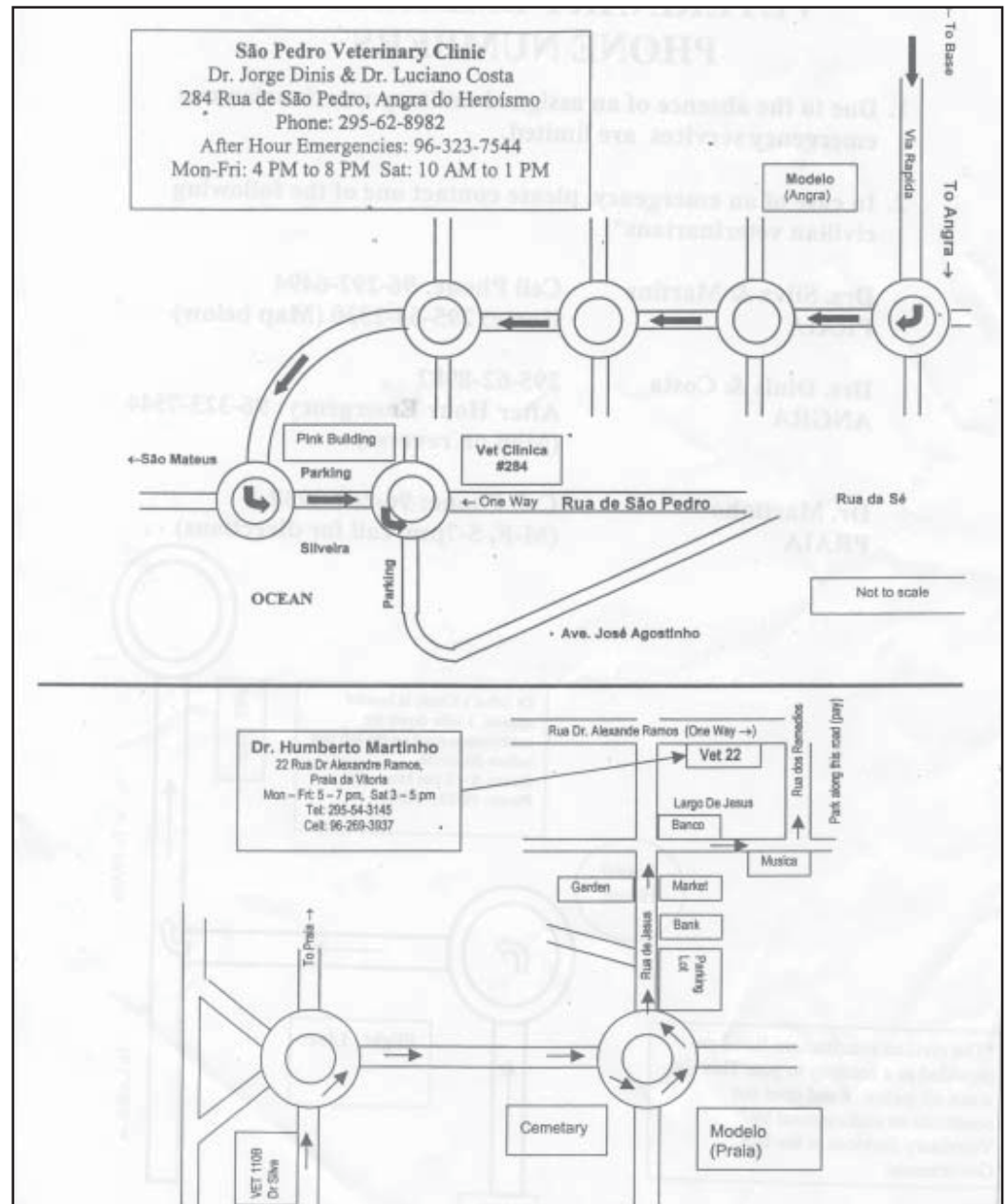
Most of the services the Lajes Veterinary Clinic currently offers privately owned animals are

available on the economy, however Lajes pet owners are expected to register their animals with the Lajes vet clinic with proof of vaccinations and micro-chipping within 72 hours of arriving on the island or acquiring a pet.

The clinic provides vaccination and microchip services to pets acquired locally, and pet owners should transfer the pet's registration to the new owner's name as part of transferring pet ownership.

For more information, call the Lajes Veterinary Clinic at 295-57-3134 or 2-3134.

Some of the local veterinary clinics are: Drs. Silva & Martins in Praia: cell phone 96-292-6494, home 295-64-2330; Dr. Martinho in Praia: cell 96-269-3937; Drs. Dinis & Costa in Angra 295-62-8982, cell 96-323-7544.



Murray testifies at new quality of life committee

By Staff Sgt. C. Todd Lopez
Air Force Print News

The Air Force's most senior enlisted Airman joined his counterparts and testified Feb. 16 before the new House Appropriations Committee subcommittee on military quality of life and veterans' affairs.

Chief Master Sgt. of the Air Force Gerald R. Murray discussed quality of life issues, including morale, housing privatization, the value of Department of Defense schools, deployments and weight allowance increases.

"The morale we have today is one of commitment and determination that I have not seen the likes of since I have been in the service," Chief Murray said. "It is focused on the mission; it is not about having fun or the good times."

Chief Murray said that commitment is driven in part by the support of the American public, and much of the morale has been driven by the influx of patriotic Airmen who signed up for service after Sept. 11.

"There is a new energy coming into the force today; that is these young Americans — since our nation was attacked — who have chosen to join our military service," Chief Murray said. "Even when they see there are Soldiers, Sailors, Airmen and Marines being killed or wounded, they are volunteering to serve their nation."

Chief Murray said the largest quality-of-life complaint was child care, followed by adequate housing. The Air Force has begun privatizing base housing at many stateside locations. The process involves private contractors building new homes on federal property. The homes then can be rented by military families using their basic allowance for housing. Chief Murray said the program is working well for Airmen.

"Where we have built the new homes, there is no question that our Airmen will live on the base, verses downtown, (because of) the quality of those homes," he said. "It is only where we have the inadequate housing that the Airmen will take their BAH and move downtown."

Asked about the importance of DOD Dependent Schools, Chief Murray said his own children have been in many types of schools during his service, but that the DODDS system has provided for him the best option.

"(My children) have been overseas; they have been stateside; they have been in Department of Defense schools," he said. "They have been in the very best of schools across the nations and have been in some of the very worst schools. But one of the things you are always guaranteed in DODDS schools is consistency."

Part of that consistency is a curriculum that matches up, grade by grade, across the DODDS system. Because of a standardized curriculum, students who are forced to move can expect to re-enter a DOD school and pick up their studies where they left off. That consistency provides much needed stability for children, he said.

Another key stability factor for families is to know when a servicemember is going to deploy. Chief Murray said the air expeditionary force system continues to provide families with that predictability.

"Our AEF process is based on a 120-day deployment in a 20-month cycle," Chief Murray said. "One of the things it does is provide predictability to the family. When you can tell a family when (an Airman) is going to deploy and when (he or she) is going to come home, then that is certainly something that destresses a lot of things for the family."

One quality of life issue the enlisted ser-

vice chiefs raised in unison to legislators was increasing the weight allowances for permanent moves. Often, when military families make a permanent change of station, they are forced to eliminate some of their belongings because of the weight restrictions on government-funded moves.

"All you have to do is go into our housing areas, and you will find things on the street that you would not normally get rid of, or that you would not give away," Chief Murray said. "If you ask us very directly 'would you increase our weight allowance,' I would say 'yes we would.'"

When asked about recruiting and retention, Chief Murray said while the Air Force has fallen short of its goal to retain as many as 75 percent of second term Airmen, the service is excelling in other areas.

"We are meeting our recruiting goals and our retention goals," the chief said. "For first term Airmen, 55 percent is our goal. We are over 60 percent. For career Airmen, our goal is 95 percent, we are right on that goal."

The subcommittee on military quality of life and veterans' affairs is a recent addition to the House Appropriations Committee, said the subcommittee chairman, Rep. James Walsh.

"(This) is not just an expanded military construction subcommittee," Representative Walsh said. "It was created to think more holistically about quality of life of military members and veterans."

"If we do our jobs, and we take our responsibilities seriously to make sure your people are well cared for and valued, and that worries of family and those responsibilities are taken care of, our (servicemembers) will do a better job," he said. "They will be safer. They will hopefully sleep better at night. I think that is what this committee is really about."



Embossing

Olga Martins, instructor of the metal embossing class, explains to Drusilla Flannigan, 65th Mission Support Squadron, how to use the materials for embossing during the class Saturday. Embossing is a metal forming process for producing raised or sunken designs or relief in sheet material by means of male and female dies, theoretically with no change in metal thickness or by passing sheet or a strip of metal by passing between rolls of desired pattern. (Photo by Guido Melo)

TRICARE Dental Program Premiums Change

* Active Duty members who have family members enrolled to United Concordia's TDP will notice a small increase in the monthly dental premium deductions in their Leave and Earnings Statement (LES).

* Single Premium rates (one family member) have increased from \$9.07 to \$9.32 per month.

* Family Premium rates have increased from \$22.66 to \$23.31 per month.

* TDP is a paid dental insurance plan; managed by United Concordia Companies, Inc. (UCCI), and helps offset out of pocket expenses for civilian dental care.

* If you have questions about TDP coverage, please call TRICARE Europe Dental Health Care Operations at DSN 496-6358, CIV 00(49)-6302-67-6358. You may also send an email to TDP@europe.tricare.osd.mil.

International affairs cadre to build global relations

The Air Force will begin training more than 100 officers next year to become international affairs specialists in a managed secondary career path.

Given the dynamic nature of the international security environment, officers with language skills and sufficient capability and depth in foreign area expertise are crucial to the success of the Expeditionary Air Force.

The first group of officers, selected during this summer and fall, will enter formal training in the summer of 2006.

In following years, the Air Force will select and train about 200 officers each year to maintain a pool of 2,500 to 3,000 specialists. The goal is to use the pool to fill about 650 active positions, officials said.

"The international affairs skills set is viewed as a core competency in the military," said Col. Robert Sarnoski, Air Force International Airmen Division chief. "It's just as important as the weapon systems we field today."

The Air Force's initiative enhances expeditionary capability by developing regional and international expertise, cultural sensitivity and language skills that allow Airmen to build, sustain or enhance relations with international friends partners.

Colonel Sarnoski, a former defense and air attaché in Bangkok who is fluent in Thai, said he put his skills to use following Sept. 11 with the U.S. Embassy Country Team's efforts to help Thailand integrate into Operations Iraqi and Enduring

Freedom coalition forces.

"Senior leaders have asked for this program because they want and need officers with political-military understanding and experience," Colonel Sarnoski said.

The new IAS program is consistent with the new Force Development program.

Selected officers will receive formal education, language training and developmental assignments to prepare them for the positions they will fill in the field.

They will also continue competitive development in their primary career track.

Program participants will be assigned to one of two secondary Air Force Specialty Code career tracks - the regional affairs strategist, or political-military affairs strategist.

Regional affairs strategists, with well-developed language skills and cultural knowledge, will advise commanders and senior leaders on regional issues, interact with foreign counterparts, and work to develop reliable international relationships. They will also help develop operational, security and contingency plans that enhance international relationships.

Political military affairs strategists have similar duties, however these positions need international political-military expertise without necessarily requiring language skills.

Top officers with a strong track record and in-depth understanding and experience in Air Force operations, doctrine and strategy will be selected for IAS opportunities by their development teams at the seven- to 12-year point of their careers. The Air Force will focus on officers with operational and maintenance backgrounds as well as those with previously developed international skills.

"We need a corps of international experts to support our expeditionary mission," said Mike Nolta, International Affairs Specialist Program chief. Mr. Nolta previously served as an assistant air attaché in Germany. "Regional experts serve at the tip of the spear, building relationships and giving us the access and ability to operate globally."

Rabies a threat to deployed mission

LANGLEY AIR FORCE BASE, Va. (ACCNS) - The Air Force spent countless dollars and numerous lost man-hours in the treatment of 56 civilian contractors at a deployed location whose unit "mascot" exposed them to rabies.

The situation was entirely preventable and caused a massive drain on mission resources, Air Combat Command officials said.

"Not only did this failure to follow the rules put lives at risk, it placed a tremendous burden on the local medical treatment facility, encumbered the theater logistics system, and diverted mission focus," said Col. Ken Hall, ACC Deputy Command Surgeon.

The contractors had adopted a stray dog that later became infected with rabies. It bit a number of people over four days and was eventually quarantined.

It died the next day and tested positive for rabies.

General Order 1A is designed to prevent this type of situation from occurring among service members. It prohibits service members from "adopting, as pets or mascots, caring for or feeding any type of domestic or wild animals."

While some units in the Area of Operations may have adopted wild and stray animals as unit mascots, this seemingly harmless activity is a potential recipe for disaster, Colonel Hall said.

"The human-animal bond is strongest in times of stress, like when you're far from home and potentially in harm's way. Ironically, these animals can be far more dangerous than comforting to the point of loss of life-and that's why GO-1A exists," Colonel Hall explained.

According to information published by the World Health Organization, most of the 55,000 rabies deaths reported annually occur in Asia and Africa.

Exposure to rabid dogs accounts for 99 percent of rabies deaths worldwide, according to the Centers for Disease Control and Prevention.

While there are aggressive ownership and immunization programs in the United States, similar programs are virtually nonexistent in the AOR, Colonel Hall said.

Anyone who is scratched or bitten by any animal should thoroughly clean the wound with soap and water and seek medical attention as rapidly as possible, the colonel explained.

"We can effectively prevent rabies after exposure, but you have to get the treatment," Colonel Hall said.

The treatment for rabies is completed by receiving a series of shots over a 28-day period, but people who fail to seek treatment are at a very high risk. Once the rabies symptoms develop, death is the typical outcome.

Airmen who are deploying to the Southwest Asia AOR must understand the practices prohibited by General Order 1A, Colonel Hall said.

"It's really everyone's responsibility to know and follow the rules, but leadership is the key," said Colonel Hall. "Commanders have to communicate and enforce the General Order - the risk is too great."



COMMENTARY

Thank you, Mr. Nelson

**By Lt. Col. Kristen Nelson
65th Contracting Squadron**

If you arrived in the summer of 2003 or before, you probably have a few memories of walking all the way up to the Commissary door before you realized it was Monday and the store had closed at 4 p.m. Or maybe your mistake was arriving before 11a.m. on Thursday. Every day's hours were different. Memorizing the schedule for each day was the only way to avoid a wasted trip.

I also remember that the Commissary was closed a lot, every American and Portuguese holiday, in fact. The Portuguese holidays would sneak up on me unnoticed until I was once again standing at a Commissary door that didn't open.

Col. Mike Giroux, the Mission Support Group Commander at the time, told me about milk shortages that would last more than a week. I never experienced anything that extreme but I do remember occasional weekends without milk or meat because food orders didn't keep up with demand.

I also remember sitting in Tuesday staff meetings and listening to the reports of what "coffin" freezers had stopped running over the weekend and how the employees had moved hundreds of products to the freezers in the back to save them from thawing.

However, since then, lots of changes have happened and I've learned a lot more about the "behind the scenes" happenings at the Commissary.

John Nelson arrived about the same time I did. There were rumors even back then that the Commissary hours would change to be the same every day, but nothing really happened until Mr. Nelson pushed for it. It required permission from the regional director, permission from the Portuguese Labor Commission and agreement from the employees, but Mr. Nelson made it happen in less than 4 months. He also cross-trained all his staff to do more than one job, such as cashiers learning to stock and vice versa. This flexibility enables American employees to keep the Commissary operating for many Portuguese holidays and for Portuguese employees to hold the fort on holidays

like Thanksgiving. It also allows the Commissary to operate with a skeleton staff on Christmas, another holiday where buying a last-minute, forgotten ingredient really saves the day. In fact, Mr. Nelson reduced the number of closed holidays per year from 17 to 7!

One of the first visitors to Mr. Nelson's office was Colonel Giroux. He was adamant that Mr. Nelson solve the problem of milk shortages. Mr. Nelson did. Sure, we have times when all the milk is bought out by Thursday, but nothing like the two-week long milk "depression" Colonel Giroux lived through in the summer of 2002.

But that wasn't enough progress. Mr. Nelson oversaw the complete renovation of the Commissary between January 2004 and 2005. He ensured the construction phasing kept stock on the shelves and noise to a minimum. New lights, shelves, freezers, over 1,500 new items, and wonderfully unique displays make this Commissary one of the best in the Air Force.

Mr. Nelson also has an awesome team. Chudri Najdawi and Roger Wright were also instrumental in all these improvements.

Mario Avila is the artist behind the Commissary decorations. My favorite is the giant Oreo cookie. Did you notice the tower of paper towel rolls that is smashed through the new ceiling tiles?

Did you know that this team even lets "foodies" like Suzy Reynolds make suggestions for the produce order? She's the reason for some new and different fruits and veggies. From baggers to the back warehouse, the entire staff is efficient and motivated.

Mr. Nelson has accepted a position at the Malmstrom AFB, Mont., Commissary and will leave within weeks. He contributed to our quality of life on a remote island in ways many of us didn't even realize. When you see him on your next stroll through our aisles, please tell him thanks. Thanks John. We'll miss you!

Commander's Line

ccline@lajes.af.mil
2-4240



The Commander's Line is your direct link to me for suggestions, kudos or as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option - for praise or problems - but when that's not the answer, call the CC Line at 2-4240 or e-mail ccline@lajes.af.mil. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander



This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field.

The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

Lajes Field Editorial Staff

Col. Barbara Jacobi Commander
Capt. Yvonne Levardi Chief, Public Affairs
1st Lt. Aaron Wiley Deputy Chief, Public Affairs
Tech. Sgt. Renee Kirkland NCOIC, Public Affairs
Staff Sgt. Olenda Kleffner Editor
Eduardo Lima Community Relations Adviser

What are the Portuguese ranks, and who do you salute?

Military customs and courtesies – saluting

The salute is a courteous exchange of greetings, with the junior member always saluting the senior member first. A salute is also rendered to the flag as a sign of respect. Any airman, noncommissioned officer, or officer recognizing a need to salute or a need to return one may do so anywhere at any time. When returning or rendering an individual salute, the head and eyes are turned toward the flag or person saluted. When in ranks, the position of attention is maintained unless otherwise directed.

The same procedures should be used when greeting an officer of the Portuguese Air Force, or of any foreign nation.

The following guidance, from the Air Force Promotion Fitness Examination study guide, is offered on exchanging salutes:

Outdoors

Salutes are exchanged upon recognition between officers or warrant officers and enlisted members of the Armed Forces when they are in uniform. Saluting outdoors means salutes are exchanged when the persons involved are outside of a building. For example, if a person is on a porch, a covered sidewalk, a bus stop, a covered or open entryway, or a reviewing stand, the salute will be exchanged with a person on the sidewalk outside of the structure or with a person approaching or in the same structure. This applies both on and off military installations. The junior member should initiate the salute in time to allow the senior officer to return it. To prescribe an exact distance for all circumstances is not practical; however, good judgment should dictate when salutes are exchanged. A superior carrying articles in both hands need not return the salute, but he or she should nod in return or verbally acknowledge the salute. If the junior member is carrying articles in both hands, verbal greetings should be exchanged.

In formation

Members do not salute or return a salute unless given the command to do so. Normally the person in charge salutes and acknowledges salutes for the whole formation.

In groups, but not in formation

When a senior officer approaches, the first individual noticing the officer calls the group to attention. All members face the officer and salute. If the officer addresses an individual or the group, all remain at attention (unless otherwise ordered) until the end of the conversation, at which time they salute the officer.

In public gatherings

Salutes between individuals are not required in public gatherings, such as sporting events or meetings, or when a salute would be inappropriate or impractical.

In moving military vehicles

Exchange of salutes between military pedestrians (including gate sentries) and officers in moving military vehicles is not mandatory. However, when officer passengers are readily identifiable (for example, officers in appropriately marked vehicles), the salute must be rendered.

In the presence of civilians

Persons in uniform may salute civilians. The President of the United States, as Commander in Chief of the Armed Forces, is always accorded the honor of a salute. In addition, if the exchange of salutes is otherwise appropriate, it is customary for military members in civilian clothes to exchange salutes upon recognition.

In a work detail

In a work detail, individual workers do not salute. The person in charge salutes for the entire detail.



Indoors

Except for formal reporting, salutes are not rendered.

Aspirante				2º Cabo			Airman
Alferes			2nd Lieutenant	1º Cabo			Airman First Class
Tenente			1st Lieutenant	2º Furriel			Senior Airman
Capitão			Captain	Furriel			Staff Sergeant
Major			Major	2º Sargento			Technical Sergeant
Tenente Coronel			Lieutenant Colonel	1º Sargento			Master Sergeant
Coronel			Colonel	Sargento Ajudante			Senior Master Sergeant
Major-General			Major General	Sargento-Mor			Chief Master Sergeant
Tenente-General			Lieutenant General	Sargento Chefe			Command Chief Master Sergeant
General			General				

Get a taste for nutrition

Courtesy of the 65th Medical Operations Squadron Health and Wellness Center

March is National Nutrition Month. This annual campaign, sponsored by the American Dietetic Association, reinforces the importance of good nutrition and physical activity as key components of good health.

This year, the campaign focuses on the following key messages: Be adventurous and expand your horizons; treat your taste buds; maintain a healthy weight; balance food choices with your lifestyle; and be active. All of these recommendations play an important role in helping to ensure a high level of nutrition and fitness.

Be adventurous and expand your horizons

Eating is one of life's greatest pleasures. One of the key components of a nutritious diet is variety. Variety is the "spice of life" when making food choices. Enjoy a wide variety of foods with different flavors, colors and textures. Don't be afraid to try different ethnic foods such as Brazilian black bean soup, Mediterranean tabouli (bulgar salad), or Middle Eastern hummus (mashed chickpeas). To keep excitement in meals and snacks, try a new food or recipe at least once a month. Select a variety of whole-grain foods such as whole wheat, brown rice and oats. These foods form the foundation of a nutritious diet. Enjoy fruits and vegetables of various colors, because they contain hundreds of disease-fighting phytochemicals - natural substances that protect the body against certain cancers, obesity, heart disease, stroke and hypertension. They also contain no cholesterol and are virtually fat-free. Choose nonfat and low-fat foods from the milk and meat groups most often.

Treat your taste buds

Although moderation is a key component of a nutritious diet, meals don't have to be bland and boring. Use lemon, salsa, herbs and spices for added flavor.

All foods can be included in a healthful diet. However, it's important to control how much and how often certain foods are eaten, especially foods high in fat, sugar or sodium.

Maintain a healthy weight

Maintaining an appropriate weight is essential for good health and quality of life. Carrying too much or too little body fat can negatively impact health and performance.

The location of extra weight on the body and weight-related health problems are also an issue. Excess body fat located in the stomach area around the waist increases the risk for heart

Nutrition events

Saturday: 11:30 a.m.-1 p.m., taste exotic fruits and smoothies at the commissary

Tuesday: 3:30 p.m., Dietitian guest appearance at the Youth Center's cooking class

Wednesday: 6-8 p.m. learn how to cook healthy foods at the Family Support Center

Every Thursday during the month of March, listen to 96.1 for HAWC Talk featuring a different nutrition topic each week.

For nutrition facts and queries, visit www.eatright.org

disease, high blood pressure, diabetes, and certain types of cancer.

Balance food choices with your lifestyle

Developing a lifestyle that promotes nutrition and physical fitness forms the foundation for good health. Gradually incorporating healthful habits is well worth the effort.

It's easier to get all of the nutrients needed for good health by eating foods from the major food groups. Balance the foods eaten with physical activity over several days. There is no need to worry about just one meal or day.

Be active

It's easier to achieve long-term health when good eating habits are combined with regular physical activity. So why do most people have so much trouble sticking with a regular exercise program? Exercise experts say this is mainly due to lack of motivation.

Participating in a variety of enjoyable activities such as walking, running, and bicycling makes a regular exercise program easier to maintain. Expensive equipment and complicated fitness programs are not necessary to achieve and maintain a high level of fitness. It's important to remember that any activity is exercise. Activities such as walking to do errands, gardening and taking the stairs all contribute to the daily exercise quota.

National Nutrition Month is a perfect time to make positive changes in diet and exercise habits. Small changes can make a big difference in overall health. Be sure to check out the DoD National Nutrition Month resource packet available at <http://chppm-www.apgea.army.mil/dhpw/wellness/nnm.aspx> for nutrition and physical activity-related materials and tools designed to help establish and maintain good health. Additional information is available at the American Dietetic Association web site www.eatright.org.



Everyday Hero Tech. Sgt.

Rafael Pena-Perez

729th Air Mobility Squadron

Duty title: Aerospace Maintenance Craftsman (Crew Chief)

Job description: I fix planes (C-5A/B's, C-17's, C-141A/B/C's, MC-130H's AC-130H/U Gunships)

Time in the Air Force: 13 1/2 yrs

Time at Lajes: Two years, one month

Children: My son, Kade, 8 yrs old. He lives with his mum.

What are your career goals: Go as high up the ranks as I can, then retire!!

What's the best aspect of your job: PCSing

Best Air Force Experience: Traveling the world.

Life goal: Be successful, and have fun.

One word to describe you: Misunderstood

Hobbies: Sports and sleeping.

Favorite food: Sushi/any seafood

Home town: Benhall, Suffolk (It's a small village in England)

Favorite color: Burgundy

Pet peeve: Fake people

No one knows: My dad is black.

When I was growing up, I wanted to be: A pro baseball player

If I could have only one kind of food, it would be: Seafood

The first thing I would do if I won a \$1,000,000 is: Go back home to England and buy a nice big house with a lot of land in the countryside!!

Sports briefs

Hours of operation

Chace Fitness Center

5 a.m.-2 a.m. Mon. - Fri.

8 a.m.-7 p.m. Sat. & Sun.

8 a.m.-2 a.m. down days & holidays

Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m.
Mon.-Fri. squadron/unit use only

8:30 a.m.-4 p.m. & 5-9 p.m.
Mon.-Fri. general use

8 a.m.-7 p.m. Sat., down days & holidays

Challenge match

A Top of the Rock vs. Bottom of the Rock basketball tournament is at 7 p.m. March 25 in the high school gym. To sign up, call Staff Sgt. Eric Ross at 2-6126 by March 24. DJ, Senior Airman Jovan Thomas, will keep the tunes jamming throughout the tournament.

Attention spinners

The evening spin classes on Monday and Wednesday in the annex has been moved to 5:15 p.m.

Kickball

A kickball tournament is at 9 a.m. Saturday at the Oceanview softball field. Teams must have 8-10 people, with 2 females. E-mail names to Staff Sgt. Eric Ross at eric.ross@lajes.af.mil to sign up.

Youth ball

Register now for the Lajes Youth Program's baseball league for ages 5-18. Season is April-June. Coaches and officials are needed. Cost: \$20, members; \$35, non-members. For more information, call Jolene Wilkinson at 2-1179.



(Above) Tim Rabideau, 65th Operations Support Squadron, finds his aiming point during the USAFE Pool Shark Finals March 9-11 at RAF Lakenheath. Rabideau and Patrick Abel, 65th OSS, advanced to the USAFE finals after going undefeated in the Lajes tournament. Ramstein won the championship with RAF Mildenhall and Spangdahlem taking 2nd and 3rd place.

(Right) Abel racks n' stacks the new balls with the new rack on one of the newly refelted pool tables at the United States Air Forces in Europe 8-ball Pool Shark finals. (Photos by Airman 1st Class Michael Hess)



Tournament ends with striking results

By Walt Baer
Lajes Bowling Association
Executive Director

Eighty-eight Lajes bowlers matched their skills for the title of Association Champions in two separate divisions, scratch and handicap, as members of 4-person teams, doubles and singles bowling events.

In addition to the coveted "Association Champions" patches, for each division, the local association added \$750 to the prize fund and \$600 worth of bowling merchandise from Hillside Lanes and Pentagon Federal Credit Union donated many other promotional items that were raffled off.

Of the eight four-person teams, the top handicap team ended up being "The No Namers," who couldn't decide what their name would be, consisting of Joshua Gray, Det. 6 AFNEWS; John Sales, Harold Llewellyn and Jon Christof of 65th Logistics Readiness Squadron.

The top scratch team, "The Four Horsemen," included Randy Hodges, Det. 516, Air Force Office of Special Investigations, Michelle Hodges, Len Durick and Walt Baer, 65th Air Base Wing, U.S. Navy's Resident Officer in Charge of Construction office.

In the doubles event, the top winners were Todd Katz, 65th Civil Engineer Squadron fire chief, and Diane Katz in the handicap division and Michelle Hodges and Walt

Baer in the scratch division.

For singles, Todd Katz won the handicap division hands-down with a blistering 680 scratch/722 handicap game. The top scratch singles bowler went to Ken Hellmer, 65th Operations Support Squadron, with a 588 series.

Only 11 bowlers elected to have their 3 division scores combined thereby entering them in the combined "All Event" handicap category.

Without a doubt, having top scores in both the singles and doubles events and his 191 average game in the team event, Todd Katz's "All Event Championship" was a given. Katz's combined 9-game scratch average was 206 with a 220 handicap average. Two other top All-Events qualifiers were Trevis Peterson, 65th OSS and Randy Hodges with 208 and 207 handicap averages respectively.

All cash awards were based on handicap scores except for a special event category which recognized the top scratch game scores bowled over the entire tournament. Todd Katz took top honors with a 255 game followed by Trevis Peterson, 237 and Harold Llewellyn's 229 game.

The tournament was a great success, with compliments to all participants for making this the top bowling event of the year. The awards will be presented at 4 p.m. Saturday at the Hillside Lanes Bowling Center.

